



Your Computer Workstation May Need a Footrest

FACT SHEET 88-012-0311

You need a footrest if your feet do not rest flat on the floor after your chair has been properly adjusted.

Your footrest should be:

- Adjustable in height and inclination.
- Designed so it does not restrict leg movement.
- Easy to remove.
- As wide as your hips.
- Large enough to support the soles of both of your feet.
- Covered with a nonskid material to reduce slippage.



Several footrest models can move while your feet are resting. The slope responds to the movement of your ankle and alters slightly in height as your foot moves. This allows some leg and foot movement that may help counteract the effects of sitting.

As a quick *temporary* fix for a footrest, use old phone books or binders.

Working in a seated position can cause your lower legs to swell. How much swelling depends on both your activity and personal health.

- Too much pressure on the back of the thighs or knees can affect your nerves and blood circulation.
- The weight of your legs will tend to tilt your pelvis, arching the small of the back.

*U.S. Army Public Health Command (Provisional)
Ergonomics
Aberdeen Proving Ground, MD 21010-5403
Commercial (410) 436-3928/DSN 584-3928*